

# Introduction to Counseling and Psychotherapy

PSY 4300-01, CRN: 44529

Fall 2012



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**Office Hours:** 10:00-10:40 MWF, 1:00-2:20 TR

**Lecture/Discussion:** Mon/Wed/Fri

8:00am to 8:50am in MacDonald 103

## Required Texts:

Corey, G. (2009). *Theory and practice of counseling and psychotherapy*. Belmont, CA: Thomson Brooks/Cole. ISBN: 978-0-495-10208-3

Kottler, J. A. & Brew, L. (2003). *One life at a time: Helping skills and interventions*. New York, Brunner-Routledge. ISBN: 0-415-93360-9

**Supplemental Readings** will be distributed on Canvas.

**Overview & Course Description:** Welcome to Introduction to Counseling and Psychotherapy. This course is designed to familiarize students with theories and techniques of counseling and psychotherapy, with an emphasis on the major models within the field. Theories will be critically evaluated, contrasted, and applied to a range of psychological problems and diverse populations. Students will also explore the historical background and developmental precipitants of each theory as well as the multicultural strengths and weaknesses of each counseling approach. Opportunity is provided to practice and refine counseling skills. This course is highly recommended for students interested in pursuing a counseling related profession. Prerequisite: PSY 3400 and junior standing.

**Philosophy/Expectations:** This course will operate on the philosophy that active engagement with material fosters quality learning. There will be ample opportunity for in-class activities and discussion, both in small groups and with the entire class. Students are expected to read assigned text prior to class and be prepared to participate in class. Students are also expected to coordinate small group work effectively. Students can expect that I will come to class very well prepared and that I will do my very best to conduct the class so that it is interesting, informative, and respectful.

**Class Courtesy, Respectful Behavior & Responsibility:** We will have a class discussion on the first day about our responsibilities to each other in this learning environment. We will generate expectations for behavior during class that will help us create a positive, responsible, and respectful learning environment.

**Learning Objectives & Outcomes** will be distributed on Canvas.

**Assignments:** There will be technique application assignments once per week and discussion/small group activities in each class session. The technique application assignments are designed to help you practice techniques outside of class (the lab portion of the class) and to help you prepare to participate in class.

**Quizzes & Exams:** There will be four quizzes, one midterm exam and one final exam given. All are take-home, short essay assessments. Quizzes are tentatively scheduled in the Tentative Schedule, but the exact dates will be announced in class and via Canvas. The Midterm Exam is tentatively scheduled to be due on **Wednesday, October 10<sup>th</sup>** and the Final Exam is due on **Wednesday, December 12<sup>th</sup> by 9:30am.**

- **You must take each Exam**
  - Make-up exams will only be given with a valid, documented excuse.
- **3 of the 4 Quizzes will count towards your grade** (one will be dropped)
  - *If you miss a quiz* – for any reason – that will be the quiz dropped (regardless of excuse)
  - *Don't miss more than one quiz!*

**D-mail:** *You are required to frequently check your Dmail account and Canvas messages.* Important class and college information will be sent to your Dmail account. This information includes your DSC bill, financial aid/scholarship notices, notification of dropped classes, reminders of important dates and events, and other information critical to your success in this class and at DSC. All DSC students are automatically assigned a Dmail account. If you don't know your user name and password, go to [www.dixie.edu](http://www.dixie.edu) and select "Dmail," for complete instructions. You will be held responsible for information sent to your Dmail email, so please check it often.

## Tentative Schedule

**Week 1: August 20<sup>th</sup> to 24<sup>th</sup>**

**Counseling Practice – Overview**

Introductions & Overview of the Course

**Read:** Corey Chapter 1, Kottler & Brew Chapter 3, pp 47-51, 66-67.

**Week 2: August 27<sup>th</sup> to 31<sup>st</sup>**

**Counseling Practice – Overview**

**Read:** Kottler & Brew Chapter 3, pp 52-66.

**Week 3: September 4<sup>th</sup> to 7<sup>th</sup>**

*Labor Day Holiday, Monday*

**The Counselor**

Counseling Profession

**Read:** Corey Chapter 2, Kottler & Brew Chapter 1

*Quiz 1 due at the beginning of class on September 10th*

**Week 4: September 10<sup>th</sup> to 14<sup>th</sup>**

**Counseling Practice – Diversity & Ethics**

Counseling Profession

Ethical Considerations as a Counselor

**Read:** Corey Chapter 3, Kottler & Brew Chapter 2

**Week 5: September 17<sup>th</sup> to 21<sup>st</sup>**

**Theories & Techniques – Psychoanalytic Therapy**

**Read:** Corey Chapter 4, Article 1 (excerpt from *Introductory Lectures in Psychoanalysis*),  
Kottler & Brew Chapter 4 (pp 71-77, 81-87)

**Week 6: September 24<sup>th</sup> to 28<sup>th</sup>**

**Theories & Techniques – Adlerian Therapy**

**Read:** Corey Chapter 5, Article 2, Kottler & Brew Chapter 5 (pp 95-108)

*Quiz 2 due at the beginning of class on October 1st*

**Week 7 : October 1<sup>st</sup> to 5<sup>th</sup>**

**Theories & Techniques – Existential Therapy**

**Read:** Corey Chapter 6, Article 3, Kottler & Brew Chapter 5 (pp 108-124)

*Midterm Exam due at the beginning of class on October 8th*

**Week 8: October 8<sup>th</sup> to 10<sup>th</sup>**

**Theories & Techniques – Person-Centered Therapy**

**Read:** Corey Chapter 7, Kottler & Brew Chapter 4 (pp 77-80)

*Semester Break Thursday & Friday*

## Tentative Schedule

**Week 9: October 15<sup>th</sup> to 19<sup>th</sup>**

**Theories & Techniques – Person-Centered Therapy**

Read: Article 4 (from *On Becoming A Person*), Kottler & Brew Chapter 4 (pp 87-93)

**Week 10: October 22<sup>nd</sup> to 26<sup>th</sup>**

**Theories & Techniques – Gestalt Therapy**

Read: Corey Chapter 8, Article 5, Kottler & Brew Chapter 6

**Week 11: October 29<sup>th</sup> to November 2<sup>nd</sup>**

**Theories & Techniques – Behavior & Cognitive Behavior Therapies**

Read: Corey Chapters 9 & 10, Kottler & Brew Chapter 8

*Quiz 3 due at the beginning of class on November 5<sup>th</sup>*

**Week 12: November 5<sup>th</sup> to 9<sup>th</sup>**

**Theories & Techniques – Reality & Feminist Therapies**

Read: Corey Chapters 11 & 12, Kottler & Brew Chapter 7

**Week 13: November 12<sup>th</sup> to 16<sup>th</sup>**

**Theories & Techniques – Feminist & Postmodern Therapies**

Read: Corey Chapters 12 & 13, Kottler & Brew Chapter 9

**Week 14: November 19<sup>th</sup> to 20<sup>th</sup>**

**Theories & Techniques –Family Systems Therapy**

Read: Corey Chapter 14

*Thanksgiving Holiday, Wednesday thru Friday*

*Quiz 4 due at the beginning of class on November 28<sup>th</sup>*

**Week 15: November 26<sup>th</sup> to 30<sup>th</sup>**

**Theories & Techniques –Family Systems Therapy**

**Integration & Application**

Read: Kottler & Brew Chapter 10, Corey Chapter 15

**Week 16: December 3<sup>rd</sup> to 7<sup>th</sup>**

**Integration & Application**

Read: Corey Chapter 16, Kottler & Brew Chapter 12

Review for Final Exam

**Final Exam Due: Wednesday, December 12<sup>th</sup> by 9:30am**

**Attendance & Class Participation:** With so much of the work for this course done in class, it is vital that you attend every class period. Class starts at 8am. Students who are late to class will not be able to earn full participation points for the day. Any student that is 10 minutes late or more will be considered absent for the class day – *do not come in to the class past this point*. You will earn points by demonstrating in discussions that you have done the reading and any other preparation assignments for the day. See Dixie State College of Utah, Policies and Procedures Manual, section 5-23 on ATTENDANCE for further details.

Classroom expectations: It is the responsibility of an instructor to manage the classroom environment to ensure a good learning climate for all students. This means not talking when the teacher is talking, following instructions, and speaking and acting respectfully to the professor and fellow students. If your behavior is disruptive, I will first let you know verbally that you are behaving inappropriately. If it continues, I will send you written notice that your behavior must change. As a last resort, I will drop you from the class. For more details, please see the disruptive behavior policy at: <http://www.dixie.edu/humanres/policy/sec3/334.html> Classroom rudeness is considered disruptive behavior and will NOT be tolerated under any circumstances. Rudeness can include (but is not limited to): COMPUTER or PHONE USAGE, LAUGHING, NOTE PASSING, SLEEPING, TALKING OUT OF TURN, and TEXTING.

College approved absences: Dixie College Policy explains in detail what needs to happen if you anticipate being absent from class because of a college-sponsored activity (athletic events, club activities, field trips for other classes, etc). Please read this information and follow the instructions carefully! The policy can be found at: <http://www.dixie.edu/humanres/policy/sec5/523.html>

#### OTHER IMPORTANT DATES/DEADLINES

Aug 20	Class-work Begins
Aug 24	Last Day to Add Without Signature
Aug 27	Drop fee begins (\$10 per class)
Sep 3	Labor Day
Sep 4	\$50 Late Registration/Payment Fee
Sep 10	Last Day for Refund, Last day to drop without receiving a “W” grade
Sep 14	Last Day to ADD/AUDIT Classes
Oct 1	Graduation Application Deadline
Oct 11-12	Semester Break
Oct 15	Last Day to DROP Classes
Nov 9	Last Day for Complete Withdrawal
Nov 12	Registration open to Seniors (90+ credits)
Nov 13	Career Day
Nov 13	Registration open to Juniors (60+ credits)
Nov 14	Registration open to Sophomores (30+ credits)
Nov 15	Open Registration
Nov 21-23	Thanksgiving Break
Dec 7	Class-work Ends
Dec 10-14	Final Exams

## Grading Policy

<u>Grade</u>	<u>Percent</u>	<u>Grade</u>	<u>Percent</u>
A	94% - 100%	C	74% - 76%
A-	90% - 93%	C-	70% - 73%
B+	87% - 89%	D+	67% - 69%
B	84% - 86%	D	64% - 66%
B-	80% - 83%	D-	60% - 63%
C+	77% - 79%	F	59% AND BELOW

- At no time during the course will grades be curved. Your point totals determine your grade, not how other people perform.

### Earning Points:

- Class Participation: earned for participating actively in class discussions and in-class small group assignments. Each day is worth 3 points. So with 30 class days, this totals to 90 points.
- 10 Technique Application Assignments: Out of class lab assignments to practice techniques with your lab partner. You will individually write up a brief reaction paper for each assignment. Each Paper is worth 10 points for a total of 100 points.
- 4 Quizzes: Take home short essay quizzes. Each quiz is worth 50 points. Drop the lowest score. So, 3 quizzes are worth a total of 150 points.
- Midterm Exam: Take home exam due in class on October 12<sup>th</sup>. The Midterm is worth 100 points.
- Comprehensive Final Exam: Due in class on Friday, December 16<sup>th</sup> by 9:30am. The final is worth 100 points.

### Summary of Points Possible

Short Papers on Assignments, 10 points each, times 10 Assignments is	100 points
Class Participation is worth 3 points per day, times 30 days is	90 points
Quizzes are worth 50 points each, times 3 Quizzes is	150 points
<u>Each Exam is worth 100 points, times 2 Exams is</u>	<u>200 points</u>
TOTAL:	540 points

Disability Accommodations: Students with medical, psychological, learning or other disabilities desiring reasonable academic adjustment, accommodations, or auxiliary aids to be successful in this class will need to contact the DISABILITY RESOURCE CENTER Coordinator (Baako Wahabu) for eligibility determination. Proper documentation of impairment is required in order to receive services or accommodations. DRC is located in the North Plaza Building. Visit or call 652-7516 to schedule appointment to discuss the process. DRC Coordinator determines eligibility for and authorizes the provision of services.

College resources: Several college resources are available to help you succeed. Check out the links for each one to get more information.

If you need help understanding the content of your courses, go to the Tutoring Center located on the 4th floor of the Holland Centennial Commons in Room 431. You can visit them online at <http://dsc.dixie.edu/tutoring/>

If you need help writing papers, go to the Writing Center on the fourth floor of the Holland Centennial Commons in room 421. You can also visit them online at [http://new.dixie.edu/english/dsc\\_writing\\_center.php](http://new.dixie.edu/english/dsc_writing_center.php)

If you need to use a computer to do schoolwork on campus, go to the Smith Computer Center or in the Dixie College library on the second, mezzanine, or third floors of the HCC.

If you are assigned to take a test in the Testing Center, go to the North Plaza. You can get information on their website at <http://new.dixie.edu/testing/>

The Library has all kinds of information and resources. Visit the Dixie State College Library on the 2<sup>nd</sup>, and 3<sup>rd</sup> floors of the Holland Centennial Commons, or go to the library website at <http://library.dixie.edu/>

Academic integrity: I believe that most students are honest, and I don't want to punish everyone for the few that aren't. However, I will not tolerate cheating, and if I discover that it has occurred, a zero grade will be given for that assignment or exam, and you will not be allowed to make it up. Repeated or aggravated offenses will result in failing the course. Any time you take credit for work you did not do, you are cheating. This includes getting the answers to homework problems from someone else, copying information from a library or internet source and presenting it as if it were your own words (plagiarism), looking at someone else's answers on an exam, and asking someone who has already taken a test about what questions it contains. I have tried to design assignments and exams to minimize the temptation to cheat, but it is not my job to prevent you from cheating. If you cheat and are not caught, it doesn't mean that you "beat the system." It means you violated the Student Code and forfeited your integrity, whether or not you are caught. You will pay the price, sooner or later. (See "Student Code" <http://www.dixie.edu/humanres/policy/sec5/533.html#appeals>).

**Disruptive Behavior:** Teachers at Dixie State College have the right to manage the classroom environment to ensure a good learning climate. Toward this end, teachers (or college security) may dismiss and remove disruptive students from individual class activities. If a student's behavior continues to disrupt class activities, the teacher may dismiss and cause the removal of disruptive students from their course.

**Student Appeals:** Students who believe themselves wrongfully disciplined may appeal those disciplinary actions through the standard grievance procedure. (Policy 5-35)